



# HEAD & NECK CANCER *Info Sheet*



**75%** of head and neck cancers are caused by tobacco and alcohol use. People who smoke and drink are at greater risk.



Men develop head and neck cancer

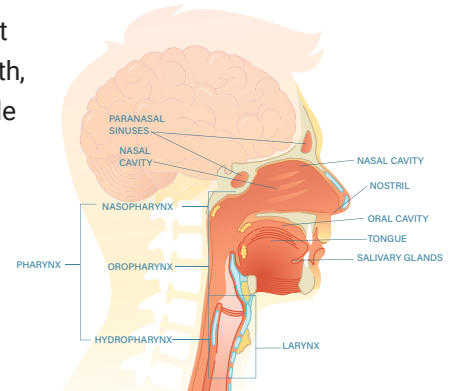


**2x** more often than women.

## WHAT YOU SHOULD KNOW

Head and neck cancers include different types of cancer that develop in the mouth, nose and throat. These cancers include malignant disease that begins in the:

- ✓ Oral cavity (mouth lining, gums, lips and tongue)
- ✓ Pharynx (soft palate, tonsils)
- ✓ Larynx (voice box, vocal chords and epiglottis)
- ✓ Sinuses and nasal cavity
- ✓ Salivary glands



HEAD AND NECK CANCER REGIONS

## ARE YOU AT HIGH RISK?

You are more likely to develop cancer in the head and neck if you:

- ✓ Smoke (including marijuana) or chew tobacco
- ✓ Drink alcohol

Other risk factors for some head and neck cancers include:

- ✓ Chewing betel quid (paan)
- ✓ Poor oral hygiene and oral health
- ✓ Occupational exposure to wood dust or second-hand smoke
- ✓ Human Papillomavirus (HPV)

MORE THAN

**90%**

of head and neck cancers are squamous cell carcinoma and

begin in the soft, moist tissue that lines the mouth, nose, throat and other body areas.



Oral cancer is a type of head and neck cancer that your dentist can detect. Ask for an oral cancer screening at your next dental exam.

**HPV infections are so common that nearly all men and women will get one at some point in their lives.** Most people don't have symptoms and can pass the infection to a sexual partner without knowing it.

Certain HPV types are associated with cancer of the throat, tonsils and base of the tongue.

## GET VACCINATED

The HPV vaccines that help prevent cervical, vaginal, anal and penile cancers, also protect against the HPV type that's associated with throat cancers.



## SYMPTOMS TO TELL YOUR DOCTOR OR DENTIST

Symptoms vary according to where the cancer begins, but be sure to alert your healthcare provider to any of the following:

- a sore that bleeds or won't heal
- a white or red patch on the gums, tongue or mouth lining
- a lump or swelling in the mouth or neck that persists
- ongoing sore throat
- difficult or painful swallowing
- upper teeth pain or dentures that now fit poorly
- ringing or pain in the ears
- a changed or hoarse voice
- chronic sinus congestion or infections that don't respond to antibiotics
- frequent nosebleeds and/or headaches
- numbness or pain in the face, chin or neck that doesn't go away

## WHY ROSWELL PARK FOR HEAD & NECK CANCER?

- ✓ **Nationally-recognized.** Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, New York's only one outside New York City.
- ✓ **A multidisciplinary approach** by a team of head and neck specialists including surgical, medical and radiation oncologists, otolaryngologists, dietitians and others who work together to provide comprehensive and integrated care – all under one roof.
- ✓ **Trans-Oral Robotic Surgery (TORS)**, a minimally-invasive technique that reduces pain after surgery and shortens recovery time.
- ✓ **Dental & Maxillofacial Prosthetics specialists** to create artificial replacements for damaged or removed oral tissues, teeth and facial structures.
- ✓ **Plastic & Reconstructive surgeons** to repair head and neck defects, reanimate facial muscles, reconstruct jaw and/or tongue and transplant lymph nodes.
- ✓ **Photodynamic therapy**, a treatment developed at Roswell Park that kills cancer cells by using a photosensitizing drug to make them vulnerable then exposing them to laser light.
- ✓ **Speech therapists** to address communication, swallowing and airway management issues.

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of patients with oral and oropharyngeal cancers (lips, tongue, gums, back of throat and the lining, bottom or roof of the mouth) **ARE NOT DIAGNOSED UNTIL THE DISEASE IS AT AN ADVANCED STAGE.**

## MEET OUR DOCTORS

### Surgical Oncology

1. Wesley Hicks, MD, FACS
2. Hassan Arshad, MD, FACS
3. Jon Michael Chan, MD
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5. Moni Kuriakose, MD, FDSRCS, FFDRCS, FRCS Ed, FRCS, BDS
6. Ryan McSpadden, MD
7. Kimberly Wooten, MD

### Medical Oncology

8. Amy Early, MD, FACP
9. Rajeev Sharma, MBBS, MD, FACE

### Radiation Oncology

10. Anurag Singh, MD

### Plastic & Reconstructive Surgery

11. Robert Lohman, MD
12. Wong Moon, MD, FACS
13. Paul Tomljanovich, MD
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